



Green Smoothies: Recipes for Smoothies, Juices, Nut Milks, and Tonics to Detox, Lose Weight, and Promote Whole-Body Health

Fern Green

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A collection of 66 illustrated smoothies, juices, nut milks, and tonics to kick-start metabolism, fire up the mind, and promote whole-body health.

An easy-to-follow and informative guide, this book pares smoothie-making back to its essence. Each recipe is presented in a highly visual spread, and grouped ingredients are displayed opposite finished smoothies and juices, providing at-a-glance instruction. Recipes like Dandelion Tonic, Popeye's Juice, Coconut Kale, and Pineapple Twist provide a simple introduction for the new smoothie maker, as well as new inspiration for the experienced blender. A seven-day detox plan with straightforward recipes energizes and invigorates.

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